

InsideOut

It's Your Health; Own It!



February 2015

In This Issue: Fit-Friendly Worksite Award; Wellness Spotlight; Occupational and Environmental Health

Know Your Risks For Cardiovascular Disease

Are you at risk for heart disease? According to the Centers for Disease Control and Prevention, cardiovascular disease (CVD) is the leading cause of death in men and women in the United States. CVD includes heart failure, heart attack, stroke, and chronic high blood pressure.

What are the risk factors? Risk factors that we cannot control are age, gender, family history, and race. The



CVD is the leading cause of death in the U.S.

good news is we CAN control our lifestyle choices. Individuals who smoke, have high blood pressure, high cholesterol, are inactive, obese or overweight, and have diabetes have a greater chance of developing CVD in their lifetime.

Practice these lifestyle tips to help decrease your risk for developing CVD:

- Work with your health team. Knowing your numbers (blood pressure and cholesterol) and having regular check-ups allows certain conditions to be caught early potentially eliminating them altogether.
- Monitor your blood pressure. High blood pressure doesn't always display symptoms, so be sure to check it regularly and get medical treatment if needed.
- Eat a healthy diet. Choose a diet containing a variety of fresh foods that are high in fiber and minimally processed. These foods are the basis for a heart healthy diet. Foods that are low in fat, cholesterol, and sodium are also smart choices.
- Exercise regularly. It is recommended that you get at least 150 minutes of cardiovascular exercise per week. Exercise can reduce your weight and strengthens your heart.
- Maintain a healthy weight. Carrying around extra pounds puts strain on your body; maintaining a normal weight will reduce stress on your heart as well as your joints.
- If you smoke, quit! If you drink alcohol, do so in moderation.

Sources: CDC and AHA

Featured Presentations

Invite us to your next meeting! To schedule a presentation, call us at 376-3939 or email omchew@rl.gov.

2015 Health Promotion Campaign

Learn about the changes to our Health and Wellness Promotion Services for 2015.

SMART Exercise and Goals

How to set and achieve health and fitness goals using the SMART principle.

Heart Health

Common risk factors for heart disease and how to maintain a healthy heart.

Fit Mind, Fit Body

Mental health benefits of exercise, including emotional well-being, stress and anxiety reduction, and the physiology of stress hormones and weight gain.

Fitness FUNDamentals-Heart Rate (HR) Training

Basics of a fun, effective fitness program and using HR training for peak results.

HPMC OMS Receives American Heart Association's Gold Level Fit-Friendly Worksite Recognition



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

In January, HPMC OMS was recognized as a Gold Level Recipient of the American Heart Association's [Fit-Friendly Worksites](#) Recognition program from the November 2014 applications.

The Fit-Friendly Worksites program is a catalyst for positive change. Worksites throughout the nation can be part of the initiative by making the health and wellness of their employees a priority.

HPMC OMS was recognized as a Gold Level Fit-Friendly Worksite by the American Heart Association's *My Heart. My Life.* initiative for:

- Offering employees physical activity support.
- Improving healthy eating options at the worksite.
- Promoting a wellness culture.
- Implementing at least nine criteria as outlined by the American Heart Association in the areas of physical activity, nutrition and culture.

"We are extremely honored and excited to be recognized by the American Heart Association's *My Heart. My Life.* initiative as a Gold Level Fit-Friendly Worksite," said Dr. Karen Phillips, Site Occupational Medical Director. "Physical activity and employee wellness are important priorities here at HPMC OMS and we encourage all of our employees to walk on breaks and participate in wellness opportunities."

To find out what you can do to incorporate more physical activity into your workday, contact HPMC OMS Health & Wellness at omchew@rl.gov or visit hanford.gov/health.

Upcoming Health Promotion Events

- February 11** [WorkFit Train-the-Trainer](#)
- February 28** [Richland Run Fest](#)
- March 5** [Worksite Health Fairs](#)
- March 11** [WorkFit Train-the-Trainer](#)
- March 12** [Worksite Health Fairs](#)
- March 19** [Hanford Health and Productivity Symposium](#)

Wellness Spotlight



Robin Jager, Health Physicist for WRPS, is also a certified Holistic Health Coach, food nerd, wellness warrior, travel junky, and derby girl. Robin is a vegetarian who, while living in New Zealand finishing her degree, learned more about plant-based diets and the negative effect soy products can have on the body. A turning point in her life began when she attended a seminar on how food can change the human body for the better or worse. She walked away with the knowledge that if we give the body what it needs nutritionally, it has the power to heal itself from chronic illness and disease.

From a very early age, sports have been a part of Robin's life. She is currently in her 5th year of playing for two regional roller derby teams. Robin stated that endurance, speed and strength are vital for this sport. She is adamant about consuming the right foods to provide sufficient amounts of energy and metabolic efficiency during competition. Way to go Robin!

Course in Occupational and Environmental Health

HPMC OMS offers a course in Occupational and Environmental Health for Hanford contractors. The purpose of the course is to improve understanding of HPMC OMS services and procedures, including a description of occupational medical services, population health surveillance (epidemiology), basic toxicology, biomarkers and the limitations of science, exposure evaluations, and a brief review of risk communication.

This course is designed for PIC's, Planners, Supervisors, Safety and Health personnel, and Industrial Hygienists. A modified version is available for work groups by manager request. See your training coordinator to enroll in this *free* two-hour course (170815) on **March 10 (2:00-4:00pm)** or **March 19 (7:00-9:00am)** at HAMMER. To request a full or modified course at the worksite, contact [Dr. Sandy Rock](#).

FEBRUARY 2015

Your heart – symbol of love, guardian of life.

Is it worth 30 minutes of your day? A major way to protect your heart is with cardio, or aerobic, exercise. A typical workout is nonstop for at least 30 minutes, or 3, 10-minute sessions, most days of the week.

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***Fit Tip:* Packing A Healthy Lunch**

To many, “brown bagging” may seem boring or require a lot of work to prepare. But we all know that packing your weekday lunches the healthy way can save you hundreds of calories, as well as dollars. Here are some easy tips that will help you pack tasty and healthy lunches.

- Plan your weekly lunch menu every Sunday and always pack your lunch the night before.
- Select nutritious whole grains when packing pasta, bread and rice. This will also help you feel full longer.
- Go green by selecting a healthy and creative salad. Be sure to watch the creamy salad dressings that add extra fat and calories. Instead, try extra virgin olive oil and balsamic vinegar.
- Rely on your leftovers. When preparing your dinners in the evening, plan ahead and cook extra for the week.

Bourbon-Glazed Salmon



This heart healthy dish is rich in flavor, omega 3 fatty acids, and full of protein.

We appreciate your readership! If you have questions, want to enroll in a program, or have a request, please call 376-3939, email omchew@rl.gov, or visit us at www.hanford.gov/health for more resources. *February Move Catch Phrase: Movin' On Up*

